

THAI-STYLE HALIBUT WITH MANGO RELISH

Ingredients:

- 1 1/2 Tbsp grapeseed or peanut oil, divided
- 3 scallions, thinly sliced, green and white parts divided
- 1 Thai chile pepper or 1/2 small jalapeño pepper, minced
- 1 large ripe, firm mango, peeled, pitted, and cut into 1/2-inch cubes (2 cups)
- 1 tsp naturally brewed, reduced-sodium soy sauce
- Juice of 1/2 lime (1 Tbsp)
- 4 (5-oz) halibut or barramundi fillets, patted dry
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 Tbsp chopped fresh cilantro or basil



Preparation:

 - Prep Time: 15 minutes Cook Time: 18 minutes Serving Size: 1 fillet + rounded 1/3 cup relish

Calories 230, Carbohydrate 13g, Protein 27g Fat 7g, Saturated Fat 1g, Sugars 11g, Dietary Fiber 2g, Cholesterol 70mg, Sodium 430mg & Potassium 790mg.

- Heat 1/2 Tbsp of the oil in a medium nonstick skillet over medium heat. Add the white part of the scallions and the chile pepper and sauté until the scallions begin to caramelize, about 3 1/2 minutes. Add the mango and soy sauce and cook, while stirring, until the mango is softened, about 7 minutes. Stir in the lime juice and green part of the scallions, transfer to a bowl, and set aside.
- Season the fish with the salt and pepper. Heat the remaining 1 Tbsp oil in a large nonstick skillet over medium-high heat. Add the fillets and sauté until cooked through and lightly browned, about 3 minutes per side. (Note: Prepare in batches, if necessary.)
- Top the fillets with the mango relish, sprinkle with the cilantro and serve.

Tip: This recipe works equally well using boneless, skinless chicken thighs in place of the fish. All you need to do differently is simply sauté until the chicken is well done.

Choices: 1 Fruit, 3 1/2 Lean Protein, 1/2 Fat

<http://www.diabetes.org/mfa-recipes/recipes/2016-1-thai-style-halibut-with-mango.html>



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Director's Note

Stacy Lane - JPA Director

Diabetes Awareness Month

November is Diabetes Awareness Month in the US. This month is designated to raise awareness of the disease and the millions of citizens that either live with the disease or have a loved one they support in their effort to manage their disease. Diabetes is a disease that is quite prolific within our own Medical pool. While we have quite a few employees or their dependents who have been diagnosed with Type 1 or Type 2 diabetes, I know there are many others who have diabetes that may not be aware of it, but who suffer from related conditions such as loss of vision, foot complications, neuropathy, kidney damage and more.

I am excited to announce a few tools we will be bringing you soon to help our members manage their diabetes and related issues.

A1C- The A1C test is a blood test that is used by doctors as one of the primary ways to diagnose Type 2 diabetes and prediabetes, as well as to see if a patient with a diagnosis is self-managing their condition. This test provides data on blood glucose levels over a period of time. The A1C test will now be administered for you and your spouse/partner for FREE as part of our annual Health Screening program! This program will begin after the first of the year throughout our four regions.

Transform Diabetes Care & Livongo- We are working with CVS/Caremark on implementing their newest program aimed at improving medication adherence, A1C control and lifestyle management. The most important and exciting part of our management program is the option for our members with a diabetes diagnosis to sign up for the voluntary Livongo program! Livongo is an interactive program including FREE unlimited test strips and lancets, 24/7 on-call on-the-go coaching and an interactive meter that can easily and wirelessly transmit important testing information to your coaching team, doctor, or a friend or family member who may be assisting you in maintaining proper blood sugar levels. The informative app will assist you in monitoring your lifestyle, and when combined with the 24/7 coaching, will relieve the burden and cost of trying to do it on your own.

If you currently have a diabetes diagnosis, you will be receiving important information from CVS/Caremark at the beginning of December outlining how you can sign up for this exciting new program. If you develop a diabetes diagnosis in the future, you will be contacted by CVS/Caremark once you have been identified as eligible for the program. If you have any questions, please feel free to give me a call at 707-445-7126 and I will be more than happy to help you transition your care to the Livongo platform.



Blue Shield of California
www.blueshieldca.com • 855-256-9404



Vision Service Plan VSP
www.vsp.com • 800-877-7195



CVS/Caremark
www.caremark.com • 866-260-4646



Guardian
www.guardiananytime.com • 800-541-7846

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

DIABETES QUICK FACTS

Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed. Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long.

Type 2 diabetes is the most common form of diabetes. Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first,

your pancreas makes extra insulin to make up for it, but over time, it is not able to keep up and cannot make enough insulin to keep your blood glucose at normal levels.

Gestational diabetes: During pregnancy – usually around the 24th week – many women develop gestational diabetes. A diagnosis of gestational diabetes does not mean that you had diabetes before you conceived, or that you will have diabetes after giving birth. However, it is important to follow your doctor's advice regarding blood glucose (blood sugar) levels while you are planning your pregnancy, so you and your baby both remain healthy. Gestational diabetes usually goes away after pregnancy. However, once you have had gestational diabetes, your chances are 2 in 3 that it will return in future pregnancies. In a few women, however, pregnancy uncovers type 1 or type 2 diabetes. It is hard to tell whether these women have gestational diabetes or have just started showing their diabetes during pregnancy. These women will need to continue diabetes treatment after pregnancy. Many women who have gestational diabetes go on to develop type 2 diabetes years later. There seems to be a link between the tendency to have gestational diabetes and type 2 diabetes. Gestational diabetes and type 2 diabetes both involve insulin resistance. Certain basic lifestyle changes may help prevent diabetes after gestational diabetes.

Lower Your Risk for Diabetes by Losing Weight. Are you more than 20% over your ideal body weight? Losing even a few pounds can help you avoid developing type 2 diabetes. Making healthy food choices, like eating a variety of foods including fresh fruits and vegetables, limiting fat intake to 30% or less of daily calories, and watching your portion size. Healthy eating habits can go a long way in preventing diabetes and other health problems.

<http://www.diabetes.org>

Tips for a Thinner Thanksgiving

Thanksgiving only comes around once a year, so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least a pound (some gain more) during the holidays -- and keep the extra weight permanently. Thanksgiving does not have to sabotage your weight. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast.

Get Active: Eat less and exercise more is the winning formula to prevent weight gain during the holidays. Increase your steps or lengthen your fitness routine the weeks ahead and especially the day of the feast. Take a walk early in the day and then again after dinner. It is a wonderful way for families to get physical activity and enjoy the holiday together.

Eat Breakfast: While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast -- such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat milk -- so you won't be starving when you arrive at the gathering.

Lighten Up: Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.

- Use fat-free chicken broth to baste the turkey and make gravy.
- Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
- Reduce oil and butter wherever you can.
- Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Police Your Portions: Thanksgiving tables are bountiful and beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet table and decide what you're going to choose. Then



select reasonable-sized portions of foods you cannot live without.

Skip the Seconds: Try to resist the temptation to go back for second helpings. Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert.

Go Easy on Alcohol: Don't forget those alcohol calories that can add up quickly.

Slowly Savor: Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food. Choosing whole grains, fruits, vegetables, broth-based soups,

Be Realistic: The holiday season is a time for celebration. With busy schedules and so many extra temptations, this is a good time to strive for weight maintenance instead of weight loss. The main event should be family and friends socializing, spending quality time together, not just what is on the buffet.

<https://www.webmd.com/diet/features/10-tips-for-a-thinner-thanksgiving#3>